

January 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diet Resolution Week (1/1 - 1/7)						
				1  New Year's Day	2	3 Drinking straw patented: 1888
4 Citrus fruits are in peak season! Eat one today.	5 🚩 National Thank God It's Monday! Day	6	7	8	9 Fruits, vegetables and grains are good sources of dietary fiber.	10 🚩 Wolf Moon
Cuckoo Dancing Week (1/11 - 1/17)						
11 U.S Surgeon General Declares Cigarettes Hazardous in 1964	12 🚩 National Clean Off Your Desk Day	13	14  National Soccer Coaches Associa- tion of America National Convention	15  Martin Luther King, Jr. born: 1929	16  Appreciate A Dragon Day	17  Benjamin Franklin born: 1706 🚩 Kid Inventors' Day
Healthy Weight Week (1/18 - 1/24)						
18	19  Martin Luther King, Jr.'s Birthday (observed)	20  Inauguration Day	21  Start planning your school's indoor and outdoor garden for the spring!	22 🚩 Women's Healthy Weight Day	23  National Handwriting Day	24 🚩 Belly Laugh Day 🚩 National Compliment Day
25  First Winter Olympics: 1924	26  Chinese New Year 🚩 Solar Eclipse	27	28	29  Try oatmeal with fresh fruit to chase the chills away!	30 🚩 Fun at Work Day	31